



## *Human Resources Department/Insurance*

*Richard J. Berry, Mayor*

April 17, 2017

City of Albuquerque  
1 Civic Plaza  
PO Box 1293  
Albuquerque, NM 87103

### **Hello from your Insurance & Benefits Team:**

It's Open Enrollment time. We are excited to announce that for the third (3<sup>rd</sup>) consecutive year, the City of Albuquerque will **not** have a medical premium increase. In fact this year, there will be **no increase** to medical, dental, or vision premiums. Along with no premium increases, the benefits for Frames and Contacts under our vision program will be increased. Please see our enclosed newsletter for details on the benefit enhancement.

Our rates have remained consistent over the past few years in part, because of our awareness and participation in programs and activities that promote better nutrition, more physical activity, smoking cessation, and increasing the value of healthcare. These are the core elements of our BetterHealth program. The participation of our employees and family members in programs such as **Good Measures, Nuvita, the Learning Academies, Choosing Wisely, Quit 4 Life, use of the Mobile Health Clinic and access to dozens of gyms across Albuquerque**, all have a positive impact. So, keep up the great work everyone: it is making a difference!

If you didn't enroll for the gym benefit last year, you can still enroll this year. If you did enroll for the gym benefit, don't forget to use it. **IMPORTANT REMINDERS- If you are satisfied with your coverage, you do not need to do anything during Open Enrollment. Flexible Spending Account participants must re-enroll every year.**

Please read the enclosed newsletter for further details or visit us on the web, and thank you for your participation in all of our programs.

Mark Saiz  
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Human Resources Department  
City of Albuquerque